



# 7<sup>o</sup> ENCUENTRO DE LA ALIANZA POR LA SALUD RENAL



## PREVENCIÓN SECUNDARIA PARA EVITAR LA PROGRESIÓN DEL DAÑO RENAL

Haz el **Cambio** por la salud renal

6 DE FEBRERO 2025  
SENADO DE LA REPÚBLICA



ARE YOUR KIDNEYS OK?  
Detect early, protect kidney health



Seventh Meeting of the Alliance for Kidney Health Mexico City 2025

# Haz el → Cambio por la salud renal



“7º. Encuentro de la Alianza por la Salud Renal  
Prevenición secundaria para evitar la progresión del daño renal

Hora	Duración	Panel	Ponente
TBD	10 minutos	<b>Bienvenida:</b> ¿Por qué un foro de Prevención secundaria para evitar el daño renal?	<b>Sen. Emmanuel Reyes</b> Integrante de la Comisión de Salud (PENDIENTE)
TBD	5 minutos	<b>Haz el cambio por la Salud Renal</b> Lo urgente y lo prioritario	<b>Marisol Robles</b> Coordinadora de la Alianza por la Salud Renal
TBD	15 minutos	<b>Los grupos de mayor riesgo</b> ¿Qué podemos hacer para retrasar su llegada a la ERC?	<b>Dr. Ricardo Correa-Rotter</b> Miembro del Comité Directivo de World Kidney Day
TBD	20 minutos	Panel <b>La importancia del tamizaje y la prevención secundaria</b>	<b>Dr. Rafael Ricardo Valdez Vázquez</b> Director general de CENAPRECE <b>Dr. José Manuel Arreola</b> Nefrólogo Aguascalientes
TBD	7 minutos	Presentación <b>La experiencia de Guatemala</b> Qué podemos hacer con lo que tenemos. Acciones para elevar la visibilidad de la enfermedad renal y la prevención	<b>Dr. Joaquín Barnoya</b> Ministro de Salud de Guatemala
TBD	10 minutos	<b>Diálisis en casa</b> para quienes viven con diabetes	<b>Dra. Noemí del Toro</b> Nefrologa
TBD	8 minutos	<b>Alianzas por la salud renal</b> La voz del paciente	<b>Anahí Soto</b> Psicóloga y paciente
TBD	5 minutos	<b>Conclusiones y Clausura</b>	<b>Legislador convocante e invitados</b>







# 7th Meeting of the Alliance for Kidney Health: A commitment to the future of kidney health in Mexico

## Senator Emmanuel Reyes Carmona

On February 6, 2025, within the framework of the Seventh Meeting of the Alliance for Kidney Health in Mexico, Senator Emmanuel Reyes Carmona, member of the Senate Health Commission, highlighted the importance of strengthening care for kidney diseases in the country. During his speech, he highlighted the progress and challenges in building a more inclusive and efficient health system.

Senator Emmanuel Reyes Carmona, member of the Senate Health Commission, highlighted the importance of strengthening care for kidney diseases in the country. During his speech, he highlighted the progress and challenges in building a more inclusive and efficient health system.

### **A new health model under construction**

Senator Carmona highlighted the transition to a free, universal, and quality health model, with the Mexican Social Security Institute (IMSS-Bienestar) as its fundamental pillar. This system, once fully implemented, will be able to provide care to 56 million people without social security.

### **Care for those most in need**

One of the main challenges is ensuring that people without social security have access to timely treatment. The goal is to eliminate out-of-pocket costs so that kidney health is an accessible right for the entire population, regardless of their employment or economic status.



### **Prevention and early detection of kidney disease**

As part of the strategies to combat chronic kidney disease, the government has implemented a primary care and metabolic health monitoring program for 500,000 people at risk. Prevention is key to reducing disease progression and avoiding costly complications.

### **Promoting a culture of donation and transplantation**

The Senator emphasized the importance of strengthening organ donation and kidney transplant programs. It is estimated that by 2027, 11.6% of the Mexican population will suffer from kidney disease, making it urgent to expand access to treatment and promote donation as a key solution.

### **Investment and strategic alliances**

To ensure efficient and quality care, greater investment in infrastructure, technology, medications, and specialized personnel is required. He also highlighted the need for collaboration between the public and private sectors and civil society organizations to build a sustainable and equitable health system.

The Seventh Meeting of the Alliance for Kidney Health reaffirms the commitment of legislators, specialists, and organizations to kidney health in Mexico. Working together is essential to ensure that no patient goes without the care they deserve.

# United for kidney health: Marisol Robles' call at the Seventh Meeting of the Alliance for Kidney Health

## **Marisol Robles Morales**

The Seventh Meeting of the Alliance for Kidney Health in Mexico was a space for reflection and commitment to improving the quality of life of patients with kidney disease. Marisol Robles Morales, president of the Mario Robles Ossio Foundation, coordinator of the Alliance for Kidney Health, and member of the Steering Committee of the Global Patient Alliance for Kidney Health, highlighted the importance of prevention, united efforts, and the key role of each sector in the fight against this disease. A continuación, compartimos los puntos clave de su intervención:

### **Five Years of Progress in the Fight for Kidney Health**

Since the signing of the Alliance for Kidney Health in 2020, efforts have been made to raise awareness for patients, guarantee access to treatment, and establish public health strategies. Today, five years later, important progress has been made, such as the inclusion of kidney disease in official healthcare protocols.

### **Timely Diagnosis to Avoid Complications**

At-risk populations, such as people with hypertension and diabetes, need early diagnosis to delay the progression of kidney disease. Cases like Clau's,



who had access to an early transplant, demonstrate that timely care can improve patients' quality of life.

### **A joint effort: patients, doctors, nurses, and industry**

Working for kidney health is not the sole responsibility of patients or doctors, but rather of an integrated team that includes nurses, nutritionists, psychologists, and industry, which continues to innovate to improve treatments. The key lies in collaboration between the public, private, and civil society sectors.

### **Secondary prevention: an urgent need**

If preventive actions are not strengthened, there will not be sufficient resources to cover the rising cost of kidney care. Kidney health is a global concern, and each person can make a difference in their area of action by promoting healthy habits and investing in early detection. In this regard, the "Make the Change for Kidney Health" initiative promoted by the Global Patient Alliance for Kidney Health (<https://globalkidneyalliance.org>) calls on the world's health systems to prioritize early detection through screening for people at risk of being in the early stages of kidney damage and promptly refer them to quality treatment. The document "Detecting Chronic Kidney Disease: Addressing the Gathering Global Storm" was delivered to senators from all factions. La salud renal y el corazón: un vínculo inseparable

The Alliance's approach goes beyond kidney disease: the kidney and heart are connected. Prevention and treatment must address both systems to ensure a better quality of life. From this emerges the concept of "kidney love," which reflects the need for a comprehensive approach to health.

### **Let's run for kidney health!**

Robles extended an invitation to the Kidney Health Race, which will take place on April 6 in honor of Roberto García, a beloved member of the kidney community. There will be distances of 3, 5, and 10 km, because we all have kidneys and we must take care of them.





# Joining Forces for the Prevention of Chronic Kidney Disease

**Dr. Ricardo Correa-Rotter**

At the Seventh Meeting of the Alliance for Kidney Health, Dr. Ricardo Correa Rotter, Vice President of World Kidney Day, emphasized the importance of secondary prevention in addressing Chronic Kidney Disease (CKD). With a speech filled with passion and commitment, he highlighted the need to unite all sectors, from industry and civil society to patients, healthcare professionals, and decision-makers, to combat this public health problem.

## **A Global Problem with a Particular Impact on Mexico**

Chronic kidney disease has an alarming prevalence worldwide, and Latin America is no exception. In fact, Mexico is among the countries with the highest mortality from CKD, a situation that requires immediate action. The causes are multiple, including the high incidence of diabetes, hypertension, and other risk factors affecting the population.

During his participation, Dr. Correa Rotter illustrated the progression of kidney disease with an iceberg graph, where dialysis and transplant patients represent only the visible tip of the problem. However, beneath this surface lies a large number of people in earlier stages of the disease, making prevention a critical strategy for reducing its long-term impact.



## Prevention: A Key Approach

Dr. Correa Rotter's central message was clear: prevention is the key to changing the CKD landscape in the coming decades. He explained the difference between primary, secondary, and tertiary prevention, highlighting the importance of acting in the early stages to prevent patients from developing kidney failure. If detected and treated early, disease progression can be significantly delayed, which would improve patients' quality of life and reduce the burden on healthcare systems.

### Barriers and Challenges in Implementing Strategies

Although strategies have been developed to combat CKD, their effective implementation faces several challenges. Among them, he mentioned the lack of education about the disease, limited access to healthcare services, the fragmentation of the healthcare system, and resistance to change in clinical practice. Overcoming these barriers requires a concerted effort to improve the training of healthcare professionals and ensure the availability of accessible diagnostic and treatment tools for the at-risk population.

### National Protocols for CKD Care

A notable initiative presented at the event was the development of six national care protocols, designed for primary care. These protocols address key diseases such as hypertension, diabetes, obesity, and chronic kidney disease, providing clear guidelines for early detection, screening, and timely treatment. The goal is to empower primary care physicians with practical tools that allow them to appropriately identify and manage at-risk patients.

### A Step Toward Global Visibility

Finally, Dr. Correa Rotter highlighted Mexico's participation as a sponsor of an international initiative to reduce the burden of CKD and strengthen its prevention and control. This proposal, which will be voted on at the United Nations, seeks to position kidney disease on the global health agenda and generate commitments to improve its management in all countries.

Dr. Correa Rotter's message is a call to action for all involved sectors. Only through a coordinated and sustained effort can we transform the landscape of chronic kidney disease in Mexico and around the world, ensuring a future with better kidney health for all.

# Panel: The Importance of Screening and Secondary Prevention in Kidney Disease

**Dr. Ricardo Correa-Rotter, Dr. Miguel Ángel Díaz Aguilera, Dr. José Manuel Arreola, Dr. Alied Bencomo, Marisol Robles Morales**

As part of the Kidney Health Alliance's ongoing commitment to promoting early detection and prevention of chronic kidney disease, the panel "The Importance of Screening and Secondary Prevention" was held. Leading specialists participated in this meeting: Dr. Ricardo Correa-Rotter; Dr. Miguel Ángel Díaz Aguilera, Director of the Adult and Senior Health Program at CENAPRECE; Dr. José Manuel Arreola, Director of the Institute for Comprehensive Care of Kidney Diseases of the State of Aguascalientes; Dr. Alied Bencomo, PAHO representative; and moderator Marisol Robles Morales.

Dr. Miguel Ángel Díaz Aguilera highlighted the urgency of implementing effective screening strategies in Mexico, given the high prevalence of cardiometabolic diseases in the region. He emphasized that early detection allows for the identification of patients with risk factors and those with impaired kidney function, facilitating timely interventions to prevent their progression.

For his part, Dr. José Manuel Arreola emphasized that the key to improving detection is to adopt a proactive approach, similar to that of vaccination campaigns, where the at-risk population is actively sought out rather than waiting





for them to see a doctor. He presented data obtained in Aguascalientes, where a screening program allowed the population to be stratified into different risk levels, revealing that approximately 25% of patients with risk factors had some degree of albuminuria, an early marker of kidney damage. Of the total number of people diagnosed with albuminuria, only 30% were under adequate medical care before screening, but after the intervention, 75% received follow-up care and care to prevent disease progression. These results underscore the importance of early detection and continuity of care, ensuring that patients are treated in a timely and effective manner. Dr. Correa-Rotter reaffirmed that, although implementing screening programs is a challenge, progress can be made through partnerships between the government, civil society, academia,

and the private sector. He highlighted successful experiences, such as the strategies implemented in Tlalpan, Xochimilco, and Tláhuac, which involved coordinated efforts across different sectors to train primary care physicians.

It was emphasized that risk communication is key at all levels: healthcare professionals must have clear protocols for early detection and treatment, while the general population needs simple and accessible messages that encourage prevention and self-care.

The Alliance for Kidney Health will continue to promote strategies and collaborations that make early detection and secondary prevention a reality for thousands of patients in Mexico.



# Let's talk about how to move from primary to secondary prevention / PAHO's vision. Dr. Alied Bencomo's Commitment to Kidney Disease Prevention

## **Dr. Alied Bencomo**

During her participation in the Kidney Health Alliance forum, Dr. Alied Bencomo, representative of the Pan American Health Organization (PAHO), emphasized the need to close the knowledge gap in the detection and treatment of chronic kidney disease. She emphasized that one of the main challenges is to ensure that the knowledge generated in academia and research is translated into concrete actions within the primary care setting, where up to 80% of the population's health problems are supposed to be resolved.

Dr. Bencomo emphasized that the partnership between PAHO and the National Institute of Nutrition has focused on three key areas:

Close the knowledge gap, ensuring that relevant information reaches healthcare professionals who directly care for the population.

Strengthen the capacities of healthcare personnel at the primary care level, providing them with tools and training for effective early detection.





**Guarantee the necessary resources for early detection of kidney disease**, ensuring that primary care has the appropriate resources to identify patients at risk.

**Closing the knowledge gap**, ensuring that relevant information reaches healthcare professionals who directly serve the population.

**Strengthening the capacities of healthcare personnel at the primary care level**, providing them with tools and training for effective early detection.

In addition, she highlighted the importance of an effective communication strategy so that the population understands the risk of kidney disease. She noted that perceptual barriers persist around this condition, mentioning that many people mistakenly believe that only those on dialysis have kidney disease. To change this narrative, she proposed taking advantage of public spaces such as public transportation and mass media to disseminate simple and accessible messages about prevention and early detection.

### **The HEARTS Initiative and Its Impact on the Region**

Dr. Bencomo also referred to the Pan American Health Organization's (PAHO) HEARTS initiative, a program aimed at preventing and controlling cardiovascular diseases in primary health care. HEARTS seeks to strengthen the management of high blood pressure and other cardiovascular risk factors through treatment standardization, access to essential medicines, and the empowerment of health teams and communities.

This initiative is being adopted in several countries in the region with promising results in reducing uncontrolled hypertension and promoting preventive strategies. In Mexico, HEARTS has been integrated into various health institutions, aligning its objectives with the early detection of chronic kidney disease, as hypertension is one of its main risk factors. Countries such as Chile, Argentina, and Colombia have successfully implemented this strategy, achieving significant improvements in blood pressure management and reducing cardiovascular complications.

The HEARTS approach highlights the need for a comprehensive approach, where the prevention and early treatment of hypertension can have a direct impact on slowing the progression of chronic kidney disease. Dr. Bencomo

emphasized the importance of Mexico continuing to strengthen its preventive and screening strategies, integrating initiatives like HEARTS into primary care to ensure better public health outcomes. The initiative and its progress can be viewed at: <https://www.paho.org/es/heart-america>.

Finally, Dr. Bencomo called for a stronger social approach to kidney health, emphasizing that living conditions, nutrition, and physical activity directly influence the incidence of this disease. She emphasized that the solution lies not only with the individual or medical personnel, but with a comprehensive approach that involves public policies and collective actions to improve the population's quality of life.

# Home Dialysis for Those Living with Diabetes

## Dr. Noemí Del Toro

During her participation in the Kidney Health Alliance forum, Dr. Noemí Del Toro, a nephrologist at the Salvador Zubirán National Institute of Medical Sciences and Nutrition, addressed the topic of home dialysis for people living with diabetes. In her presentation, she emphasized that while secondary prevention is key, there are patients for whom this strategy is no longer sufficient, requiring dialysis therapy to continue their treatment.

She explained that even within dialysis, secondary prevention is possible, as the quality of treatment directly influences patient survival, particularly in reducing the risk of premature death from cardiovascular causes. She emphasized the importance of offering quality dialysis therapies and constantly reviewing their impact on patient health.

Dr. Del Toro presented an overview of the three kidney replacement modalities: peritoneal dialysis, hemodialysis, and kidney transplantation, noting that ideally all patients should have access to transplantation without the need for dialysis. However, in Mexico, the culture of organ donation and access to transplants are limited, so most patients must resort to dialysis. In this regard, she emphasized that peritoneal dialysis, whether manual or automated, is the most common home dialysis modality in the country.

One of the central points of her presentation was the comparison between peritoneal dialysis and hemodialysis in terms of quality of life and cost to the healthcare system. She presented data showing that peritoneal dialysis





represents a lower cost and offers greater autonomy to patients, allowing them to continue their daily activities without having to rely on constant trips to healthcare centers. Furthermore, studies in the Mexican population have shown that those undergoing peritoneal dialysis report better sleep quality and emotional well-being compared to those receiving hemodialysis.

Another relevant aspect was the environmental impact of dialysis therapies. She pointed out that dialysis, in all its forms, generates a large amount of plastic waste and consumes enormous volumes of water. However, peritoneal dialysis has a smaller environmental footprint compared to hemodialysis, as it requires less water and produces less non-recyclable waste.

Finally, Dr. Del Toro highlighted the importance of remote monitoring in automated peritoneal dialysis. She explained that thanks to this technology, physicians can remotely monitor blood pressure, weight, and the patient's response to therapy, allowing for timely adjustments without unnecessary hospital visits. This innovation, used in studies conducted in Mexico, has proven useful in preventing complications and improving patient care.

She concluded her presentation by emphasizing that the choice of dialysis therapy should be individualized and that home dialysis offers economic, quality of life, and environmental benefits. He also highlighted the need to continue advancing access to technologies such as remote monitoring, which can significantly improve the care of patients with chronic kidney disease.

## Speech by the representative of the Pan American Health Organization (PAHO) in Mexico, at the Seventh Meeting of the Alliance for Kidney Health

### **Dr. José Moya Medina**

On February 6, within the framework of the Seventh Meeting of the Alliance for Kidney Health held at the Senate of the Mexican Republic, Dr. José Moya Medina, representative of the Pan American Health Organization (PAHO) in Mexico, participated with a message addressing the challenges and advances in the prevention and care of chronic kidney disease. The main messages from his presentation are highlighted below:

Acknowledgment and relevance of the meeting Dr. Moya Medina began his speech by thanking the audience for the invitation to this important forum for discussion, highlighting the fundamental role of the Senate Health Committee in promoting public policies that address the health needs of the population. He emphasized the importance of supporting these debates with laws and regulations that effectively address public health problems.

Dimension of the kidney disease problem He underscored PAHO's concern about the growth of chronic kidney disease in Mexico and other countries in the region, emphasizing the need to understand the risk factors that have driven this situation in recent decades. He emphasized the impact of changes in food and beverage consumption, as well as their relationship to the rise of diseases such as obesity and hypertension.

Prevention and Care Strategies Dr. Moya Medina reaffirmed PAHO's commitment to continue collaborating with the Mexican Ministry of Health in the implementation of prevention and care strategies for chronic kidney disease. He emphasized the importance of working under care protocols, strengthening primary care, and the need to guarantee a universal and free health system that provides care to the entire population, particularly the 50 million people served by IMSS-Bienestar.

The Challenge of Intersectoral Collaboration He noted that the challenge of addressing chronic kidney disease requires the collaborative work of civil society, academia, the Ministry of Health, PAHO, medical associations, and health professionals. He reiterated PAHO's commitment to supporting these efforts through primary and secondary prevention actions, with the goal of improving the health of the population and slowing the progression of chronic kidney disease.

Dr. Moya Medina expressed his gratitude for the opportunity to participate in the meeting and reiterated PAHO's willingness to continue collaborating in the fight against kidney disease in Mexico.





# The patient's voice at the center of public health policies.

## Anahí Soto

Anahí Soto, a kidney patient, psychologist, and patient rights advocate, shared her testimony about the importance of placing the voices of those living with kidney disease at the center of public health policies in Mexico.

With an emotional introduction, Anahí recounted her experience following a surgical procedure that affected her voice and how, through therapeutic support, she learned to accept her new reality. Using this experience as a powerful analogy, she highlighted the value of making patients' voices heard and the need for them to be recognized and considered in the development of prevention and medical care strategies.

Anahí recounted her journey with chronic kidney disease, from her diagnosis at age nine, to her kidney transplant, and the challenges she has faced in her treatment and quality of life. She emphasized the social, educational, and emotional impact of the disease and how a lack of adequate information can lead patients to resignation.

She highlighted the importance of prevention and health education, sharing her experience in a gender-sensitive workshop where she rediscovered the possibility of a full life through acceptance and commitment to her well-being. Through changes in her diet and physical activity, she demonstrated that with adequate information and support, patients can improve their quality of life and make informed decisions about their treatment.



In closing, she called for collaboration between nephrology, psychology, and other medical disciplines to ensure comprehensive care for people with kidney disease. She reiterated her gratitude to healthcare professionals and advocated for a prevention approach based on empathy, dignity, and respect for patients' lives.

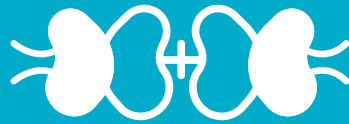
FUNDACIÓN  
**MARIO  
ROBLES  
OSSIO**  
ASOCIACIÓN CIVIL

**Nef**  
Salud renal  
en red global

Haz el  
→ **Cambio**  
por la salud renal

**Día  
Mundial  
del Riñón**





ALIANZA  
POR LA  
SALUD  
RENAL